



# SALMON LIMONE

over Herbed Couscous with Zucchini & Tomato

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 2  
Scallions



1 | 2  
Tomato



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 | 2  
Chicken Stock  
Concentrate



10 oz | 20 oz  
Salmon  
Contains: Fish



1 TBSP | 1 TBSP  
Italian Seasoning



1 | 2  
Zucchini



1 | 2  
Lemon



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



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HELLO

LIMONE

Italian for "lemon," the versatile *limone* adds brightness here to savory salmon and couscous.



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 670





## GO FISH

When you add the fillets to the pan in Step 4, let them do their thing (no moving around!). The salmon skin will naturally release when it's ready.

## BUST OUT

- Medium pot
- Zester
- Large pan
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP** | **1 TBSP**)
- Butter (**1 TBSP** | **2 TBSP**)  
Contains: Milk

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### 1 START PREP

- Wash and dry produce.
- Trim and thinly slice **scallions**, separating whites from greens. Trim and quarter **zucchini** lengthwise; cut crosswise into ¼-inch-thick pieces.



### 2 COOK COUSCOUS

- Melt **1 TBSP butter** (**2 TBSP for 4 servings**) in a medium pot over medium-high heat. Add **couscous**, **scallion whites**, and **½ tsp Italian Seasoning** (**1 tsp for 4**); cook, stirring occasionally, until lightly toasted, 2-3 minutes.
- Add **¾ cup water** (**1½ cups for 4**), **stock concentrate**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is al dente, 6-8 minutes.
- Drain any excess liquid if necessary. Keep covered until ready to serve.



### 3 COOK ZUCCHINI

- While couscous cooks, heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **zucchini**; cook, stirring occasionally, until lightly browned and softened, 3-4 minutes. Season with **salt** and **pepper**.
- Turn off heat; transfer to a plate. Wipe out pan.



### 4 COOK FISH

- Pat **salmon\*** dry with paper towels. Season all over with **remaining Italian Seasoning**, **salt**, and **pepper**.
- Heat a **large drizzle of oil** in pan used for zucchini over medium-high heat. Add salmon, skin sides down, and cook until skin is crispy, 5-7 minutes.
- Flip and cook until fish is opaque and cooked through, 1-2 minutes more. Remove from pan and set aside.



### 5 FINISH PREP & MAKE CREMA

- While salmon cooks, zest and quarter **lemon**. Dice **tomato**.
- In a small bowl, combine **sour cream**, **¼ tsp lemon zest** (**½ tsp for 4 servings**), **salt**, and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



### 6 FINISH & SERVE

- Fluff **couscous** with a fork; stir in **zucchini**, **tomato**, **scallion greens**, **remaining lemon zest**, and a **squeeze of lemon juice**. Season with **salt** and **pepper**.
- Divide couscous between bowls or plates; top with **salmon**. Drizzle everything with **crema**. Serve with **remaining lemon wedges** on the side.

\*Salmon is fully cooked when internal temperature reaches 145°.